

# Five Things You Should Know About...What Makes Me, Me.

## **Overview:**

During these first few weeks of class, we have explored different elements and topics that help explain your psychology. Based on the format used in ESPN the Magazine, you are going to provide a short insight into the factors that shape who you are.

## **Requirements:**

1. Write a short introduction paragraph that explains who you are.
2. Write five short paragraphs that all answer the question "What makes me, me?" Each paragraph must be connected to a topic that we have discussed so far this year in this course. Be sure to highlight the concepts that you are connecting to.
3. A visual that helps explain what makes you, you.

## **Topics of Study:**

- Biology and the Teenage Brain
- Learning/Conditioning
- The Power of the Situation
- Personality
- Identity (Gender formation theories...does not need to address your gender)

## **Rubric**

	4/Exceeds	3/Meets	2/Nearly Meets	1/Beginning
Connections to Psychology	Makes clear & meaningful connections to psychology that explain how you have been shaped into who you are.	Makes clear connections to psychology that explain how you have been shaped into who you are.	Makes limited connections to psychology that explain how you have been shaped into who you are.	Makes unclear connections to psychology that explain how you have been shaped into who you are.
Personal Connections	Your responses creatively explain how complex of a person you are.	Your responses explain how complex of a person you are.	Your responses somewhat explain how complex of a person you are.	Your responses barely explain how complex of a person you are.
Types of Connections	Makes connections to 5 different topics.	Makes connections to 4 different topics.	Makes connections to 3 different topics.	Makes connections to 2 or less different topics.

## Five Things You Should Know About...What Makes Me, Me.

One look in my closet and you will know that I have many roles in my life. On the top rack hangs two dozen of ties, different colored dress shirts, and slacks that I wear when I am teaching. Beneath those are hooded sweatshirts that bear the names of professional and college sports teams and jeans that keep me warm in my everyday life. Look to the side and you will see a pile of dirt, sweat, and paint stained t-shirt that help I wear as I fight back invasive species and maintain my property. And finally, look in the dresser drawer next to it all, and you will see dozens of athletic shirts and pairs of running shorts that I wear when I am running around Tualatin with my team. Oh, and don't forget the many, many pairs of socks (most of them with dog chewed holes in them) that are stuffed in the corner. While it may only appear to be a collection of fabric, this closet reveals more about me than first meets the eye. These clothes are representative of the roles I play, my values, and the passions that make me, me.



### **1. My Mom taught me the love of teaching.**

My Mom was a teacher for over 30 years and she loved every moment of it. *Classical conditioning* impacted my view on teaching because when my Mom spoke of teaching, she spoke with such happiness and passion, that I came to associate the two together. I knew from an early age that if I wanted to live a happy in life, teaching was the route to achieve it through.

### **2. Running helped me grow up.**

Growing up, I was an impulsive, reserved, impatient, and often anxious child. However, when I began to run cross-country, my *personality* slowly changed. My team gave me reason and motivation to be outgoing and to work hard for a goal. I learned to control my emotions as I prepared for races and about the wonderful stress relief that running a long run in the rain can bring. Those lessons are the reason that I coach. I want running to offer the same opportunity of change to my athletes.

### **3. My dogs save my brain.**

With a busy life, my brain is usually running a million miles a minute. Stress is a natural part of all of our experiences. For many people, teaching and coaching is simply too much. Their *amygdala* is always active, telling them that they have more to do and strengthening neural connections in the stress center of the brain. However, my dogs are my saviors from stress. There is nothing I love more than laying with my dogs, petting them and letting the stress of the world disappear. This allows stress to dissipate and for my *frontal lobe* to take back control of my emotions.

### **4. Blazer games transform me.**

While I am usually a cool customer, when I get in the Moda Center crowd, I transform. I clap, I cheer, and I scream in unison with thousands of other rabid fans. I will be one of the loudest fans in the upper bowl. It is here that the crowd takes over and I am happy to *conform* to the group norms. The shared emotion of the game is worth the price of admission.

### **5. I cook, I clean, I play, and I love it.**

While my Grandma is always surprised by it, I am the one in my household to cook, clean, and maintain the home. The *gender roles* of our society have shifted and it has become much more accepted and common for men to play a key role in the household. I learned this from my own Dad. After years of travelling for work, he quit his job and split his time between being an entrepreneur and a modern day nurturer. We still watched sports and all that manly stuff, but we did it after he made me a bowl of mac and cheese. I carry this compassion and new perception of manliness in the way I play with my nieces.